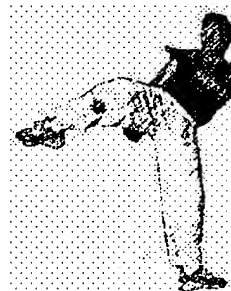


October 1999

"I've decided not to die. I'm going to live forever.....so far so good!"

.....Steven Wright, comedian.

The 'Cardio-Kick' class is the new rage in today's health clubs throughout the nation. Set to music, it is punching, kicking, kneeing and elbowing its way into the lives of exercisers from coast to coast, outstripping in popularity 'Step Aerobics' (ascending and descending a plastic riser ala Fred Astaire) and 'Spinning' (group cycling indoors with an instructor, also set to music). For forty-five minutes, Cardio-kickers do a heart-pounding, ki-aye spouting, imaginary-enemy-bashing workout 2 or 3 times a week that leaves them feeling exhausted but avenged. Many become addicted to its cathartic properties and swear it is



the best cardiovascular exercise they've ever encountered. The regimen promotes greater mobility in the shoulder and pelvic girdles, better balance, flexibility, and stamina as well as self confidence; although there is no sparring or board breaking 'your kicks get higher and your blows get more explosive!' The bad news, as often there are with any new rage, is that more people are seeking medical care for shoulder, elbow, hip and knee strain. These pesky side effects are more common in those who don't warm up or stretch adequately before and after Cardio-Kick workouts, in those who have not attained a minimal level of fitness before taking on the sport and in those who overdo and attempt levels that are beyond their physical limits.

The most worrisome side effect is that a Cardio-Kicker could develop a Bruce Lee or Wonder Woman complex and get into trouble at the local tavern on a Saturday night....just because "The Theme From Rocky" is roaring in your ears, it doesn't make you a fighter !!!



"Principles of Traditional Chinese Medicine"

by Lana Farson, licensed acupuncturist.

Traditional Chinese Medicine (TCM) originated in China more than 3,000 years ago. It is a holistic approach to treating disorders of the body, which supports the mind, AND the spirit in the process. Chinese Medicine includes various modalities of which Acupuncture, Moxibustion and Herbal Medicine are the mainstays.

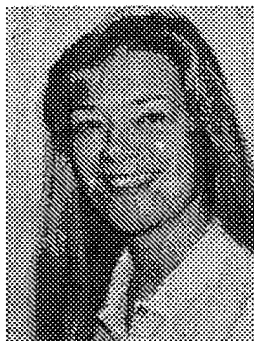
Acupuncture: According to the TCM precepts, energy channels form regular patterns throughout the surface of the body. These channels are called 'meridians' and are rivers that irrigate and nourish the tissues. Blockage in the channels deprives the tissues along its course of nutrients and energy resulting in pain and disease. Acupuncture is the gentle stimulation of designated points along the meridians to correct these imbalances in the body. The World Health Organization (WHO) recognizes acupuncture as an effective treatment for respiratory, gastrointestinal, neurological, musculoskeletal disorders, men and women's health issues, as well as diseases of the eyes and mouth.

Moxibustion: Moxa is the Chinese herb 'Ai Ye' (*artemisia vulgaris*, a species of *chrysanthemum*) that is burned and used to stimulate acupuncture points. Moxa comes in many forms but most commonly, it is rolled into a stick that resembles a cigar. The tip is ignited and held several inches above the skin to provide thermal stimulation and promote the flow of Qi (chee). The pleasant, warm feeling, much like a hot water bottle, is created by the combustion of the volatile oils of the burning moxa and penetrates deep into the skin and tissues beneath. Chinese have used this modality for centuries to ward off disease, treat pain, colds, dysentery, flu, urinary problems, menstrual problems and the correction of breech birth. A recent study done in Italy showed that moxibustion begun after the 33rd week of pregnancy, once a day, produced fetal turning sustained till delivery in 71.4% of cases, and when given twice a day, produced 81.4% success. The moxa is believed to produce increased 'active fetal movements' contributing to turning in the uterus.

Herbal Medicine: pills, powders and tinctures are made from over 350 Chinese herbs and are important in the treatment of internal organ disorders. Teas are custom brewed for individual patients by boiling selected bark, roots, insects, reptiles and berries. Herbal medicine is considered the most potent of the 3 modalities.



INTERVIEW WITH A PHYSIOTHERAPIST: Sheryl Einfalt, MPT



Ms Einfalt is a physiotherapist and Director of Rehabilitation for Orthopedic Neurologic Rehabilitation Inc. in Fremont. She received her masters degree in PT from the University of Southern California. Healthy Punch(HP) interviewed her in August 1999.

HP: Thanks for granting The Healthy Punch this interview, Sheryl. How long have you been practicing?

SE: You're welcome. I've been doing it for 12 years. I did the bulk of my training at USC, in Southern California.

HP: So, you are well versed in the biological sciences, anatomy, physiology, biomechanics, nutrition as well as the various physical medicine modalities in use today.

SE: Certainly. whether it's ice and heat, massage, range of motion exercises, traction, ultrasound, or

TENS (transcutaneous electrical stimulation), we have come a long way in our understanding of tissue injury and repair.

HP: But you specialize in areas outside these usual modalities, don't you?

SE: That's true. My postgraduate work led me to the study and practice of 'CranioSacral Therapy', 'Zero Balancing' and 'Reiki'.

HP: Wow! What an armamentarium!.....do you need a lot of equipment?

SE: (Holding up both hands, laughing) no, these are the only tools I need! I treat with my hands.

HP: Can you give us a brief run down of how these systems work?

SE: Sure. CranioSacral Therapy is based on the structure and function of the nervous system, which, as you know, is composed of the brain and spinal cord, bathed in a cerebrospinal fluid (CSF), encased in its membranes. The CSF, when the body is healthy, flows rhythmically through the nervous system just like blood flows throughout the body. In injury or disease states, the blockage of this normal flow and the treatment consists of reopening the blocked areas to reestablish the flow.

HP: Is it like a chiropractic adjustment? lots of pulling, twisting, manipulation?

SE: No! CranioSacral Therapy uses gentle touch and traction with my finger tips to achieve unblocking.

HP: I see.

SE: Zero Balancing has to do with how humans are more than just physical entities. We have our bodies, of course, but we have our intellectual selves, spiritual selves and our 'energy' selves. For example, when someone has a leg amputation, although the limb itself is gone, the patient still senses its presence. It hurts or itches or somehow makes its presence known even years after amputation, a 'phantom limb' phenomenon. Or when a person is rear-ended in an auto accident, although the x-rays may be normal and the tissues appear healed after weeks of rest, medications and conventional therapy, the energy portion of his or her being is out of kilter, that can produce pain in other areas of the body, anxiety, post-traumatic depression and related problems. Sometimes I sense in these patients a head dangling from the middle of the chest instead of between the shoulders where it belongs.

HP: Yuck! So, what do you do for them?

SE: Zero Balancing uses a specialized touch called a 'fulcrum' which sets up the natural healing ability of the body to balance both structure and function as trauma is released.

HP: Okay, well that brings us to Reiki, an ancient healing that originated in Asia which I understand to be manipulation of energy. You don't even have to touch the patient to do Reiki, right?

SE: Right, you don't need to use your hands but I do. Reiki is using one's own energy to influence that of the patient. Here I think of the energy as a flow through the body in channels called chakras....head chakra, heart chakra, intestinal chakra and so on. Blockage of these channels results in imbalances in Yin and Yang that you know from Chinese cosmology.

HP: So again, you just touch these areas with your hands? How do you decide which of the three systems to treat with?

SE: I use them interchangeably but everything I touch potentially has Reiki behind it. For lack of a better term, I "talk" to the tissues through my hands....the healing is a result of my "intent". I don't know how else to describe it.

HP: This is very interesting stuff, Sheryl. Did you have to go on a pilgrimage to Asia to learn it?

SE: No, not at all. Craniosacral Therapy, Zero Balancing and Reiki courses are available right here in the Bay Area. I am just one of many students of these arts. Anyone can learn it if you have the time and interest.

HP: Well, thanks very much for your time and a fascinating interview. But honestly, I don't think everyone can learn to do this.

SE: Thank you for your interest.



(In the next issue of The Healthy Punch, author takes Reiki treatment for carpal tunnel syndrome.)



Q. How many psychiatrists does it take to change a lightbulb?

A. Just one. But the lightbulb must really WANT to change.

The Healthy Punch is a non-profit martial arts, alternative medicine, health and fitness newsletter. If you would like to submit items of interest, call

1-925-462-5810 or email Sprintdoc1@aol.com. Consult your doctor before taking on new treatments or regimens.